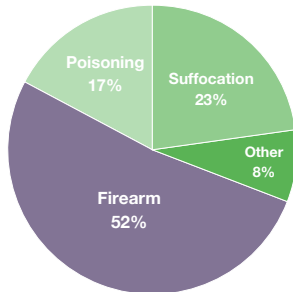


Means of Suicide, United States
(Average 2000–2013)



Note: Percentage may not total 100% due to rounding.
Source: WISQARS Fatal Injury Reports, 1999-2013

Resources

The following resources include videos, websites, articles, and online courses that can help you learn more and take action to reduce access to lethal means.

SPARK Talks: Reducing Access to Lethal Means

<http://sparktalks.sprc.org>

Speakers: Cathy Barber, Director, Means Matter, Harvard School of Public Health and Ralph Demicco, Former Owner, Riley's Sport Shop in New Hampshire (2015) SPRC's SPARK Talks are **S**hort, **P**rovocative, **A**ction-oriented, **R**ealistic, and **K**nowledgeable videos of leaders in the suicide prevention movement who describe a new development or direction in the field that can have an impact on suicide.

Counseling on Access to Lethal Means (CALM)

<http://training.sprc.org/>

Author: Suicide Prevention Resource Center

This is a free online course for mental health, medical, and social service providers; clergy; and anyone else who counsels individuals at risk of suicide. Module 1 explains how reducing access to lethal means can save lives. Module 2 covers practical skills for asking clients at risk of suicide about their access to lethal means and working with them and their families to reduce access.

Means Matter

<http://www.meansmatter.org>

This website includes research on means reduction, information for clinicians on lethal means counseling, guidance on storage and disposal options, recommendations specifically for families, and a description of the [Gun Shop Project](#).

New Hampshire Firearm Safety Coalition

<http://theconnectprogram.org/firearms-safety-coalitions-role-nh-suicide-prevention>

This coalition seeks to promote safety and prevent suicide through the development and distribution of materials to firearms retailers and range owners. Its membership is a unique partnership of gun shop and firing range owners, legislators, injury prevention and mental health advocates, researchers, and volunteers.

A Suicide Prevention Campaign for Firearm Dealers in New Hampshire, *Suicide and Life-Threatening Behavior*

<http://www.ncbi.nlm.nih.gov/pubmed/25348506>

Authors: Mary Vriniotis, Catherine Barber, Elaine Frank, Ralph Demicco, and New Hampshire Firearm Safety Coalition

This article details how the New Hampshire Firearm Safety Coalition involved gun shop owners and employees in suicide prevention activities and the results of those efforts. With feedback from the retailers, the coalition developed materials, including brochures, posters, and hotline cards, for display in gun shops.

Lok-It-Up Campaign

<http://www.kingcounty.gov/healthservices/health/injury/lokitup.aspx>

This website has information on firearm locking devices and safe storage, sample questions health care providers can ask about safe gun storage, tips specifically for parents, and answers to frequently asked questions.

Project ChildSafe

<http://www.projectchildsafesafe.org>

This website contains information about firearm locking devices and safe storage. It also has a list of law enforcement departments that may distribute free safety kits, which include a brochure and a free cable-style gun lock.

Colorado: Gun Shops Work with Anti-suicide Program

www.sprc.org/news-events/the-weekly-spark/news/colorado-gun-shops-work-anti-suicide-program

This issue of the *Weekly SPARK* reports on the Colorado Gun Shop Project, a group focused in areas of Colorado where “the rates of suicide by firearms are much higher than the national average.” The project works with gun shops to display suicide prevention materials and to build awareness of securing guns when a person is at risk of suicide. This project is based on a similar program in New Hampshire.

January 2016

You may reproduce and distribute this resource sheet provided you retain SPRC’s copyright information and website address.

The Suicide Prevention Resource Center is supported by a grant from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA) under Grant No. 5U79SM059945.

Suicide Prevention Resource Center

Web: <http://www.sprc.org> | **E-mail:** info@sprc.org | **Phone:** 877-GET-SPRC (438-7772)